



National Park Service
U.S. Department of the Interior

Cuyahoga Valley
National Park

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Cuyahoga Valley National Park News Release

For Immediate Release – Thursday, June 13, 2013

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4th Annual Free Akron Yoga Summer Solstice Yoga Festival

*Date Correction: Event will be held Friday, June 21 NOT June 20 as previously published
New time and New Location!*

Brecksville, Ohio – On Friday, June 21, celebrate the longest day of the year by joining the Free Akron Yoga Summer Solstice Festival in Cuyahoga Valley National Park (CVNP). New this year is the start time and location! The Summer Solstice celebration will begin at SUNRISE with the traditional 108 “sun salutations” starting at 5:45 a.m. Gates open and registration for the event begins at 5:15 a.m. at Howe Meadow, located at 4040 Riverview Road, Peninsula 44264.

All ages and experience levels welcome. Chant, move, breathe, and relax together. Wear loose, comfortable clothes and bring a mat or large beach towel. Water, blanket, blocks/straps, and/or eye pillow are optional.

Refreshments and breakfast items will be available for purchase after session ends.

CVNP encompasses 33,000 acres along the Cuyahoga River between Cleveland and Akron, Ohio. Managed by the National Park Service, CVNP combines cultural, historical, recreational, and natural activities in one setting. For more information visit www.nps.gov/cuva or call 330-657-2752.

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